

# PANAMA

**3 969 000**

Total population

**74%**

Percentage of deaths  
from NCDs

**14 000**

Total number of NCD  
deaths

**14%**

Risk of premature death  
from target NCDs



## National NCD targets

### Mortality data

### Risk factor surveys

## National integrated NCD policy/strategy/action plan

### Tobacco demand-reduction measures:

increased excise taxes and prices

smoke-free policies

large graphic health warnings/plain packaging

bans on advertising, promotion and sponsorship

mass media campaigns

### Harmful use of alcohol reduction measures:

restrictions on physical availability

advertising bans or comprehensive restrictions

increased excise taxes

### Unhealthy diet reduction measures:

salt/sodium policies

saturated fatty acids and trans-fats policies

marketing to children restrictions

marketing of breast-milk substitutes restrictions

## Public education and awareness campaign on physical activity

## Guidelines for management of cancer, CVD, diabetes and CRD

## Drug therapy/counselling to prevent heart attacks and strokes

● = fully achieved ◐ = partially achieved ○ = not achieved